

As at Jan 2012	Day	Venue	Time	Notes
				<u>(Saturdays - see rota below)</u>
Challenger Training Zone	Tuesday	Grangemouth Sports Complex	6:00 - 6:45 pm	
	Wednesday	Braes High School	6:00 - 7:00 pm	By invitation of Lead Coach
	Saturday	Grangemouth Sports Complex (small pool)	5.00 - 5.45 pm or 6.30 - 7.15 pm 5.45 - 6.30 pm or 7.15 - 8.00pm	<u>(alternate Sats - see rota below)</u>
	Sunday	Grangemouth Sports Complex	7:15 - 8:45 am ~ Pool 9:00 - 9:45 am ~ Land Training	By invitation of Lead Coach
Saturn Training Zone ~ Junior Development	Tuesday	Grangemouth Sports Complex	8:15 - 8:45 pm ~ Land Training 8:45 - 9:30 pm ~ Pool	
	Wednesday	Braes High School	6:00 - 7:00 pm	By invitation of Lead Coach
	Wednesday	Bo'ness Academy	6:30 - 8:15 pm	By invitation of Lead Coach
	Friday	Grangemouth High School	6:45 - 7:30 pm ~ Land Training 7:30 - 9:15 pm ~ Pool	
	Sunday	Grangemouth Sports Complex	7:15 - 8:45 am ~ Pool 9:00 - 9:45 am ~ Land Training	

Apollo Training Zone ~ Junior	Monday	Grangemouth Sports Complex	6:00 - 7:30 am	
	Tuesday	Grangemouth Sports Complex	7.15 - 7.45 pm ~ Land Training 7:45 - 8:45 pm ~ Pool	
	Wednesday	Bo'ness Academy	6:30 - 8:15 pm	
	Wednesday	Braes High School	6:30 - 7:00 pm ~ Land Training 7:00 - 9:00 pm ~ Pool	By invitation of Lead Coach
	Friday	Grangemouth High School	6:45 - 7:30 pm ~ Land Training 7:30 - 9:15 pm ~ Pool	
	Saturday	Grangemouth Sports Complex	5:00 - 6:30 pm or 6:30 - 8:00 pm	<u>(alternate Sats - see rota below)</u>
Gemini Training Zone ~ Age Group Development	Monday	Grangemouth Sports Complex	6:00 - 7:30 am	
	Monday	Larbert High	6:30 - 8:30 pm	
	Tuesday	Grangemouth Sports Complex	6:15 - 6:45 pm ~ Land Training 6:45 - 7:45 pm ~ Pool	
	Wednesday	Grangemouth Sports Complex	6:00 - 7:30 am	
	Wednesday	Braes High School	6:30 - 7:00 pm ~ Land Training 7:00 - 9:00 pm ~ Pool	
	Thursday	Grangemouth Sports Complex	6:00 - 7:30 am	
	Friday	Grangemouth Sports Complex	6:00 - 7:30 am	

	Friday	Larbert High	6:30 - 8:15 pm	
	Sunday	Grangemouth Sports Complex	5:00 - 7:00 pm	
Senior	Monday	Grangemouth Sports Complex	6:00 - 7:30 am	
	Tuesday	Grangemouth Sports Complex	8:15 - 8:45 pm ~ Land Training 8:45 - 9:30 pm ~ Pool	
	Wednesday	Grangemouth Sports Complex	6:00 - 7:30 am	
	Wednesday	Braes High School	7.00 - 8.00pm 8.00 - 9.00pm	
	Thursday	Grangemouth Sports Complex	6:00 - 7:30 am	
	Friday	Grangemouth Sports Complex	6:00 - 7:30 am	
	Sunday	Grangemouth Sports Complex	7.15 - 8.45 am	

GRANGEMOUTH AMATEUR SWIMMING CLUB SATURDAY EVENING TRAINING

Another swimming group uses Grangemouth pool once a fortnight on Saturdays at 5:00pm.

The club therefore alternates between sessions running from 5:00pm to 6:30pm and one running from 6:30pm to 8:00pm.

This arrangement is continuous throughout the year and is unaffected by holidays.

Saturday Training Times for 2012

5:00 pm Start				6:30pm Start			
Jan	7	21		14	28		Jan
Feb	4	18		11	25		Feb
March	3	17	31	10	24		March
April	14	28		7	21		April
May	12	26		5	19		May
June	9	23		2	16	30	June
July	7	21		14	28		July
Aug	4	18		11	25		Aug
Sept	1	15	29	8	22		Sept
Oct	13	27		6	20		Oct
Nov	10	24		3	17		Nov
Dec	8	22		1	15	29	Dec